

FORGING THE FUTURE:



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<http://www-nehc.med.navy.mil/hp/index.htm>

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Friday FACTS

1 December 2000

"Leadership, Partnership, and Championship"

Holiday Stress....Bah Humbug!



Links to the latest
information on seasonal
and holiday stress.
Coping with Holiday Stress
[http://helping.apa.org/
family/holiday.html](http://helping.apa.org/family/holiday.html)
Holiday Depression and

Stress [http://www.nmha.org/infoctr/
factsheets/103.cfm](http://www.nmha.org/infoctr/factsheets/103.cfm)

How to Cope with Holiday Stress [Http://www.
nightingalecounseling.com/archive/holidaystress.
html](http://www.nightingalecounseling.com/archive/holidaystress.html)

Apples, phytochemicals and cancer:



A new study indicates that the combination of plant chemicals found in the skin and flesh of fresh apples may contain powerful antioxidants that may help in preventing or fighting cancer. The chemicals flavonoids and polyphenols are collectively known as phytochemicals and found in all fruits and vegetables. Now there is a reason to say 'an apple a day keeps the doctor away. For more information visit [http://www.mayohealth.org/
mayo/9907/hm/fooddis.htm](http://www.mayohealth.org/mayo/9907/hm/fooddis.htm)

Safety Tips

Mothballs

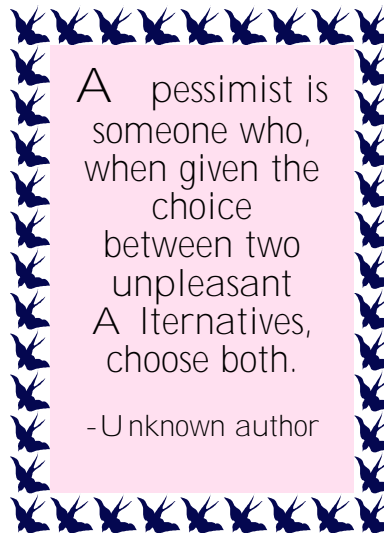
Do you use them? Did you know they contain toxic substances such as naphthalene and possible carcinogens, and may be fatal for children who swallow them... Consider dry cleaning the wool items and storing them in a sealed bag or dry and taped box.

Painting Inside?

Open the windows and doors and use an exhaust fan when you paint the interior of your house! Take frequent outdoor breaks! Air out the inside for several days! This helps with the vapors which may affect children and those with health problems.

Save your heart - Don't eat and run:

After you enjoy that hearty holiday dinner, heart experts warn against hurrying off to play a pick-up game of touch football if you're not used to daily exercise. In a study of nearly 2000 heart attack survivors, researchers found that the risk of heart attack was about four times greater within two hours after eating an unusually heavy meal, according to a study presented at the American Heart Association's Scientific Sessions 2000. For additional information visit [http://www.mayohealth.
org/mayo/headline/hm/
hw001121.htm](http://www.mayohealth.org/mayo/headline/hm/hw001121.htm)



A pessimist is
someone who,
when given the
choice
between two
unpleasant
A lternatives,
choose both.

-Unknown author

Different patients need different needle sizes

Most vaccines should be given via the intramuscular route into the deltoid or the anterolateral aspect of the thigh. This optimizes the immunogenicity of the vaccine and minimizes adverse reactions at the injection site. Recent studies have highlighted the importance of administering vaccines correctly. Clinical practice needs to reflect considerations about the right length and gauge of needles used to ensure that those vaccinated get the immunological benefit of the vaccines without local side effects. For more information visit [http://www.bmj.com/cgi/content/
full/321/7271/1237](http://www.bmj.com/cgi/content/full/321/7271/1237)